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Students set up
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Sweet time had by all in Elmira



PHOTO BY KATHY HENNING

The Elmira Maple Syrup Festival on April 6 featured various items and flavours of maple syrup which were available for purchase and taste-testing.

BY KATHY HENNING

The smell of maple wafted through the air as children bounced around, each off of the maple syrup-covered products they had just grabbed down, their hands still sticky from the sticky breakfast.

The Elmira Maple Syrup Festival attracted approximately 15,000 people on April 6, who sampled not just the famous syrup but delicious food from all around the world. Families also enjoyed live entertainment and activities in the arena. This spring festival has been bringing together people of all ages to celebrate the sweet sugar 1969.

The festival is run by volunteers who are happy to celebrate Elmira's history of producing some of the world's best maple syrup. Maple syrup producer, Edgar Gangel, who sells his maple syrup year-round at a stall at the St. Jacobs Farmers Market, said he is happy to be a part of the spectacle. Gangel has been setting up a booth at the festival for 15 years but has been an instructor for 35. He said coming to the festival is a big process.

"Today my whole family is here with me. We have 2,000 tons and started collecting five weeks ago. For the light grade maple syrup but now we're collecting the medium amber syrup," he said.

Gangel said he would be going to collect more sap after he was done working at the festival since the rain sets in. The sweet depends on the weather. In the day the temperature must get to around 5 C and drop to 5 C at night. After the sap is collected it is boiled to evaporate the water, depending on the amount of sugar in the maple tree's sap it can take up to 40 gallons of sap to make just one gallon of syrup.

Gangel makes four different grades of maple syrup, all of which have different strengths of maple flavour. According to www.conestogacollege.ca, light syrup is best for cooking meals and has a delicate flavour while dark amber syrup has a much stronger maple taste which people use as table syrup for pancakes.

Chairperson of the Elmira Maple Syrup Festival, Ken Joseph, said this festival is different from the other map festivals.

"We are 100 per cent vol-

unteer based. With the help of the community had over 2,000 volunteers we are able to create a successful event, and the proceeds go back to the community," he said.

Annually the festival donates up to \$20,000 to Elmira and Woodstock Township, and has donated \$3.5 million over the past 45 years. They donate 40 per cent of the proceeds to the Elmira District Community Living centre and divide the rest among organizations that have applied for grants. Elmira District Community Living is a local association that provides many services including assisted living and work programs for people with intellectual disabilities.

Joseph knows the festival is successful because of the community's continual support, and is excited to be cheaper than the last year, when the Elmira Maple Syrup Festival celebrated its 50th anniversary.

"We have already started planning for next year and hope to expand the event that happens at the arena. We will have more entertainment than a lot of festivals while keeping the traditional street festival," he said.



Maple syrup producer, Edgar Gangel, displays his product at the festival. He has been making the sweet treat for 35 years.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If money were not an object,
what would you enjoy doing for a living?



"I would pursue stand up comedy because I love making people laugh."

Sherwin Hummel,
first-year
journalism student

"I would travel the world and help build houses and schools in Third World countries. As well as help animal research and help end the extinction of endangered animals."

Kelvin Bradman,
first-year
police foundation



"I'd be a photographer."

Kaitlyn Hartley,
first-year
police foundation



"To help and assist society."

Robert Plavet,
second-year
general business



"I'd still be in the same program."

Catherine Calabrese,
second-year
detective engineering technology



"I'd be a nurse."

Ben Williams,
first-year
teacher of education in training



Revolution a must-see film that urges environmental action

BY MARK FITZGERALD

Every year in a whole lot of film critics will say that a movie is a "must-see." Revolution is one of those films that everyone tells you to see, not just the critics.

The film is written, directed and produced by Rob Stewart, an award-winning filmmaker who is best known for the movie Sharkwater. Stewart is also an award-winning photographer, and his photography career ultimately led him to become a filmmaker. The renowned shark being featured and decided that he needed to make awareness on his creation. Sharkwater Revolution is a way of showing of Stewart's adventures but it is about more than just sharks. It is about us, the human species.

Stewart travels around the world and speaks with several experts about how we are destroying our planet. He explains many issues such as my deforestation, ocean acidification and climate change. The film's website has made it clear that Revolution is not just about environmental issues. It is about people in action. The film attempts to make people aware of around issues that we have created on human. It is also trying to help us realize that we can still change things and fix our planet and save our species.

The film premiered at the Toronto International Film Festival and has since gone on to win several awards including the Audience Award for Best Documentary at the Atlantic Film Festival and the Most Popular Environmental Film Award at the Vancouver International Film Festival.

Many will know people including Canadian actress, model, activist, David Suzuki, have supported the film. He said, "You please move the film, it must be Revolution."

John Michael Cooney, a



Revolution is written, directed and produced by Rob Stewart, an award-winning filmmaker. It is currently showing at Empire Theatres at Gateway Park, Suite 100 at Kitchener.

French explorer and environmentalist, also growing Revolution. "A must see, no exaggeration and beautiful film that will create a much needed ocean revolution," he said. Stewart is asking us all that he can in order to get people to hear his message. He has even posted an additional guide for teachers on the film's website. The guide says the movie will teach students about "the various challenges of all living things, the urgent need for conserva-

tion work, and the ways in which each of us, especially young people, can change the world for the better." Stewart said on the film's website that

"change starts with education. If people are aware of their impact on the earth, they'll make smarter choices."

There is a lot of hype over Revolution and it will not be there more than just an impact on the box office.

It is currently showing at Empire Theatres at Gateway Park Drive at Kitchener.

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Shed your winter weight

BY JHANNA LITWIN

It's time to wipe away those winter blues and those extra winter pounds.

According to Irvington, an official partner of the Levermore Foundation that raises money for cancer, the extra winter pounds people gain might be the winter sun decreased physical activity, a greater number of empty calories and a reduction in our seasonal affective disorder.

The winter often all kinds of food, fitness breaks and weight loss tips, as well as a cold and flu virus and extra trouble.

Naturally, most people haven't come out in the spring and summer because the weather is nice. A great way to start living more active is by walking.

Jason Belmont, a personal trainer at a Robinson gym, said walking around four kilometres, on average, will help you lose up to 250 calories.

"Walking is a great way to lose weight," Belmont said. "It can get boring in a great way to keep things interesting, so by changing your route (going with a friend or taking your dog).

Another way to help lose your winter weight is by staying hydrated.

"A lot of people don't drink enough in the winter, and because of that your body retains the weight," Belmont said.

"When you start drinking the proper amount of water, you'll find that your weight drops a lot."

You can also drop a dress size by changing up the foods you eat. Choose ones that will motivate you. For instance, your favourite healthy foods, but make sure to stay as healthy as possible. Instead of drinking tea that has a lot of sugar, go for a detox tea, tripple.

Bobby Allen, a third-year financial planning student at Centennial College, said she tries to eat healthy.

"I guess what I do is eat more fruits and vegetables. I don't eat much meat anymore — but I try to eat the good stuff rather than the bad," she said.

Soccer needs more funding

We're a hockey nation, or so we are told. Hockey is in our blood, and most other things are just a distraction.

But if we are a nation that is devoted solely to hockey, our youth should reflect that. Yet if we see the youth of this country as an example, it turns out that maybe hockey isn't quite so big of a monopoly as it is perceived to be.

In fact, hockey doesn't even have the majority of registered players in this country, that title belongs to soccer. But wait, this isn't the same soccer that we've been told won't ever take off here, is it?

In fact, soccer is currently the fourth-most popular sport with the most registered players.



Dylan DeCosta
Opinion

in the soccer industry. According to the Canadian Soccer Association (CSA), participation for soccer in Canada has increased by almost 300 per cent from less than 500,000 in 1984 to almost 150,000 in 2007, a number that they expect will rise again to over one million registered players in the next five years.

And hockey's numbers aren't anywhere close, according to an article by Canada

Newsweek, there were 577,000 registered soccer players across the country in 2011 — a number that pales in comparison to soccer's numbers.

Granted, soccer is a much cheaper alternative to even a child to join hockey, but the youth of Canada are still looking to a sport that isn't supposed to be as highly valued.

Unfortunately for a sport that is as popular to play, the funding that it receives is minuscule compared to that of hockey.

Hockey receives more funding than any other sport in Canada, which isn't surprising.

New hockey arenas are always being constructed and

companies are constantly donating to soccer hockey while none has behind, the poster.

A sport as popular (at least in terms of youth involvement) as soccer deserves more funding and an amount of attention that better reflects the number of participants.

Through our various lessons across of hockey, we have lost the opportunity to develop players and give opportunities to athletes in other sports.

If more time was placed on funding other sports (especially if they bring in more kids than hockey) then we might have a more balanced athletic landscape rather than being the country that is only good at hockey.

STUDENTS GET HIT WITHFAREHIRE



PHOTO BY JANA BARNES

Centennial College students board the Campus QRT bus at the Don campus. Student passes are increasing, making them \$244 for editorial, see Page 4.

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GRT fare increase unfair to students

BY NARA BARNI

Oh good. Another fare hike. Grand River Transit (GRT) has proposed its average fares per seat from summer beginning July 1.

The union has spent billions of dollars in wages again, especially since the GRT union cost fares by more per seat this time last year. Is there anyone who thinks a 10 per cent increase in two years is justified?

Students are particularly affected by the increase since the college commuter pass is being raised from \$127 to \$144. The cost of the student pass has gone up \$40 in the last two years and students have not seen any service increases in any of the Grandville, Holland, or Coshocton. Students for COSO, the student association at Coshocton College, has started a petition to show that students do not support the fare increase, and that the GRT should focus on considering increasing their fare unless they plan to improve their service.

COSO is planning on presenting the GRT with the petition which they hope will adequately represent students' discontent with the service.

According to GRT, there are going to be service changes on some existing routes and new routes to be added. However, none of them will benefit Coshocton students.

Anyone who regularly takes the bus would agree that their customer service is greatly lacking. More than 2,000 complaints from buses were made between 2009 and 2011, more than being left behind at bus stops.

In 2012, the GRT received 1,038 complaints which is the highest number to date.

When the company improves its service, a fare increase will seem more justifiable. But as the students, seeing the rise in just taking off GRT services.

The Toronto Transit Commission (TTC) took on the same strategy as the GRT when it came to multiple fare increases over a short period of time. The important difference between the two is that the TTC operates on a much larger scale, yet kept their fare increases to a minimum. The last fare hike was a measly five-cent increase in 2012. That's only 1.1 per cent.

If a student option that serves 60,000 people daily (compared to the TTC with a whopping 3.5 million daily users) can't keep their students satisfied, an increase in fares shouldn't even be considered until improvements are made.

The union having represented the position of the employees, not necessarily the author.

Letters are welcome

Send welcome letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

The original letters will be published.

Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Send letters to www.spokey.com or to the editor.

"Letter to the Editor," or bring them to Room 103B at the Spoke Campus.



Show your commitment to the environment on Earth Day, April 22

Jackie Robinson made inroads but the battle isn't over

On this day 65 years ago, Jackie Robinson became the first African American to start up a real play in Major League Baseball. He suited about 65 years of baseball's segregation when he threw on his Brooklyn Dodgers jersey with the famous number 42 on the back and walked onto the field.

He bashed racial stereotypes with the crack of his bat and paved the way for people of colour and other backgrounds to engage in the game they loved without apprehension.

Marvin Luther King Jr. and Martin Luther King Jr. fought their battles with speeches and rallies. Robinson simply used baseball, America's pastime.

There are no longer colour barriers in professional sports today. However, racism still lingers in society which is downright unacceptable.

There are better and more important things to worry about in this world than the colour of someone's skin.



Mike Welton
Opinion

There is nothing empowering about feeling racial slurs and hateful remarks to a professional as you zoom by in a car.

“There are better and more important things to worry about in this world than the colour of someone's skin.”

There is nothing cool about whispering rude comments to your friend about the Hispanic gentleman parking his car in the grocery store.

We want to be the colour back has accompanied by a smile? That does not give you any right to think of a

remake just to try and make your friend laugh.

If you think this one is coming up with the same old or similar remarks, but you should think your friend after because a mother never knows when her son or daughter will be just as bad.

Laughing or ignoring the situation is no way to deal with racism.

Stand up for what is right and intervene in any situation you are able to. After all, that's what we want for a nation.

It is impossible to shut out racism without each individual doing his or her own part. It is like what your name used to tell you when you were a kid, "Don't say or do anything to someone that you wouldn't like to do to them."

We owe it to ourselves to do whatever we can to prevent racism.

Just because Jackie Robinson crossed the colour boundary line as an athlete long, doesn't mean the fight is over.

SPOKE

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Warm drinks, warm hearts

Treat yourself to high tea and biscuits on May 5, while learning how heart disease affects people of all ages

BY KEILA MAGPHEESEN

What can be better on a cool spring day than dressing up with a group of friends and savoring warm drinks? How about knowing the money you spend is going to a charitable cause?

Jessica Warner is a Charlotte native who has found her passion for tea and her flair for fundraising to put together a high tea event to raise money for the Heart and Stroke Foundation.

Warner started her job as a consultant with the company Skipped Tea about a year and a half ago because she loved tea, and said it made sense for

her to work with the product.

Skipped Tea is a company started by Tessa and Mattie Jackson of Annapolis, which sells loose-leaf tea through mailboxes at home parties and online. According to their website, skipstetea.com, in September 2012 their business was featured on *Designs by Jen*.

A deal was made with Jim Treloar and David Chilton, and Skipped Tea started to make its way to the U.S. in March 2013.

As a consultant, Warner hosts tea parties in people's homes. This high tea fundraiser is a larger-scale version of a home tea party.

Warner has also been volunteering with the Heart and Stroke Foundation of Wakeham-Wakeham for the past couple of years and it was her idea to do a fund-raiser that incorporated tea.

"It's a good for your heart, good for your body, as opposed, so to speak, to those things that aren't good," Warner said.

She outlined a few heart-healthy benefits that people can get from drinking tea such as lowering cholesterol, the build-up of plaque on

blood vessels and how tea, especially black tea, keeps the arteries healthy and pliable too.

Warner also said tea is a good alternative to juice and pop because you won't be taking in as much sugar and caffeine.

"It's good for your heart, but it's also a good replacement for some of those other things."

The high tea event will feature three flavors of tea, and grey de la creme, a black tea vanilla cupcake which is a vegan and doesn't contain caffeine, and Caribbea doughnuts and tea to support

local and people who don't like regular tea.

Heart disease can affect anyone in any age and the Heart and Stroke Foundation wants people to be aware of that.

Although the high tea will be a social event, it will also have awareness to heart disease by having participants listen to a month or month about heart awareness with her and a whole team with heart problems and his experiences growing up.

The event will take place on May 5 at Clar

Hotel restaurant room, 330 Columbia St. W., in Waterloo. Tickets are \$10 each and can be purchased at the Kitchener Heart and Stroke office at 3333 Victoria St. S., Suite 118.

Warner said they have been doing everything they can to raise as much of the proceeds go to the organization.

"We've been able to secure a lot of what we need through donations which has been fantastic."

The event, co-located by Warner.

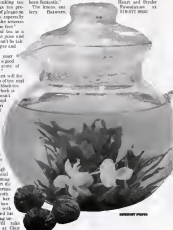
experiences and people will be provided by Clar Hotel restaurant room. Tickets have also been donated for corporations that will be given to someone at each table, as well as the other proceeds of tea and Heart and Stroke gift baskets.

For more information, contact Jessica Warner by email at jessica.warner@skippedtea.com, or call the Heart and Stroke Foundation at 811-5111 ext. 2020.



PHOTO BY KEILA MAGPHEESEN

Jessica Warner is a huge lover of tea (she works part time as a consultant for Skipped Tea and decided to use their product) to hold a high tea as a fundraiser for the Heart and Stroke Foundation where she volunteers.



STYLING: JESSICA

Canada's Greatest Know-It-All

Season two winner Andrew Rader sets his sights on space

BY MICHAEL BOWEN

Sitting in a dark bar in downtown Vancouver, Andrew Rader seems like just another guy nursing a beer on a mild Monday night. But just one look into his bright blue eyes makes clear the sheer determination and intensity that made this young aerospace engineer Canada's Greatest Know-It-All.

The series, which just finished its second season on Discovery Channel, puts 10 competitors claiming to be "know-it-alls" against each other in a series of mind-boggling challenges. Candidates are required to draw on personal knowledge of physics, mathematics and engineering.

After choosing challenges, which start from time of his fellow competitors (Rader of Cambridge), we declared the season two winner after host-judge Neil Patrick Harris took Andrew Rader to breakfast.

“Not only is Andrew one of the smartest people I know, but he also has such a great personality.”
—Charlotte Armstrong

"I wouldn't believe at the whole thing was so much fun," he said, describing his first thoughts after the show. "I knew I was going to start the experience and everyone I had met along the way. That day, I was so tired and ready to just go back and relax."

Despite being crowned Canada's Greatest Know-It-All becoming a reality TV star was something Rader wasn't sure he wanted to do.

"I got a call (after coming in the application) and I was actually declined a few

times before I finally accepted," he said. "I took some convincing."

In a field of diverse competitors that included an actor, a trivia buff and even a Canadian Olympic chess player, Rader stood out immediately as one of the top contenders after his mental test scores put him in the higher ranked team.

"I feel like it definitely set the tone for the entire show. I very much liked and respect all of the competitors, but, for whatever reason, I always had a sense that Charlie, Owen, Scott and myself were the top four and less likely to be eliminated," he said.

"It was a very interesting psychological experiment. We were given the contestants first, and then I think we looked for retorts to support that conclusion. It's actually pretty much how our brains work. We go to a coin-flip challenge first, and then look for evidence to support those conclusions, not the other way around as it should be."

Each episode contained three challenges, ranging from a high school-style test drive to deciphering while trying to remember a series of numbers streamer across the table before.

All competitors compete in the first two challenges, sometimes to teams. At the end of each challenge, one competitor is sent to the Danger Zone for the poorest performance. The Danger Zone is the last challenge, during which one competitor is eliminated and stays in the competition while the other is eliminated.

For Rader, it was a challenge that involved rating a number of roller-coasters at Canada's Wonderland that almost did him in.

"I just hate the sensation and that feel through any positive competition for doing that," he said. "I would have preferred doing the most basic mathematics or an actual puzzle."

Ryan Connell, a local author, artist and social networking researcher, first met Rader by chance at a pub during a casual house-warming event almost two years ago. Along with friend Charlotte Armstrong, the group dropped from a traditional design, showing contest to build an All-Canadian Mount Transport from Star Wars.



Photo by Michael Bowen

Andrew Rader was crowned Canada's Greatest Know-It-All in season two of the show, beating out the other contestants (shown below with host Charlie Harris, center).

Connell and though he originally found Rader's decision to appear on reality TV surprising, everything made sense to him after learning the nature of the show.

"It was wonderful to watch the show, I had to step forward through the really dramatic bits," he said. "The last episode was very tense and they did a good job of making it unclear who was going to be the winner until the very end."

After meeting Rader for the first time at a Star Wars documentary screening in 2011, Charlotte Armstrong says she instantly knew the pair would be friends after two hours had a picture of his homemade Darth Vader costume.

"There was an instant kinship and he quickly became like family to us," she said. "He helped give me the courage to accomplish my goals and his encouragement, and advice made the community events I have an ordered even more enjoyable."

When Rader first told her he had sent in an application, Armstrong said that although she knew he would really win, she wanted he would get someone else the chance because of his humility.

"Not only is Andrew one of the smartest people I know but he also has such a great personality. I wanted the chance to see just how awesome he is."



Michael Bowen

know who would hold the title. When the announcement came Armstrong couldn't be surprised as her husband's ability to keep such a big secret under wraps for so long.

"Not only was I happy the Andrew's triumph I was also happy that, since Andrew is so interested in space science, there would be some opportunity now to talk about the importance of the Canadian space science and launch space flight to the public," she said.

"Andrew is such an engaging and inspiring speaker and I was very excited about the opportunity he would now have with such a title."

With the contest over and the coronation of Rader and his overall experience taught him a lot about himself and the importance of keeping a level head during tense situations.

"I usually always turn down from people these awards," he said. "We need to embrace failure as a learning experience, and move on without loss of confidence."

"It's like the Kobayashi Maru scenario from Star Trek, when Captain Kirk had to face an insurmountable scenario just to see how he would handle it. These kinds of situations teach me about how to deal with adversity."

Given the opportunity to do it all again, Rader said he would jump at the chance.

"When can we start? What's the challenge?"

So what's next for Rader? Hopefully, a trip to space.

"Going to Mars is my life-long dream," he said. "My long term plan is to apply for Mars One, the project where they send you one way to Mars for the rest of your life, but the first step is to get up there."

As one of the top 20 candidates for a competition to fly 100 kilograms up to space with space tourism company SpaceX, Rader's dream may be closer than ever to reality.

To vote to help send Andrew Rader to space, visit www.spacex.com/vote.

